

# 2014 PLYMOUTH POOL SWIM LESSONS PROGRAM

## Swim lessons

Swim lesson registration will take place online and in-person! In-person registration is from 7:30am-1:00pm on Wednesday, May 28<sup>th</sup> at Plymouth Pool. Online registration also begins at 7:30 a.m. at [www.midland-mi.org/swimming](http://www.midland-mi.org/swimming). Please note that there is a convenience fee to register online. Log on to create your Active account today and put your lessons on a wish list!



New this year we are offering 6:45 p.m. classes to better accommodate open swim participants. Tell us what you think about this change!

## Other Important Information

- Swim lessons are \$35.00 per session per person. Swim lesson sessions run for two weeks, Monday through Thursday, for 45 minutes at Plymouth Pool (1508 E. Wheeler Rd.). Per city ordinance, there shall be a \$10.00 service fee for all refunds.
- Lessons are held on rainy days. If a class is cancelled due to lightening, it will be rescheduled on the Friday of that week.
- On the first day of lessons please make sure your child is prepared to start on time. We have a lot of information to cover in a short period of time.
- Level 1 is a parent-tot class. Parents must accompany their child in the water for Level 1.
- If your child is participating in Levels II-V, you will only be allowed to view the lesson from outside the fence. This will allow our staff to maximize their time with your child.
- During swim lessons we do not allow any kind of flotation devices in the pool – this includes water wings and life jackets. Goggles are acceptable.
- Please review the lesson descriptions carefully. By signing your child up for lessons, you agree that your child is able to complete all the benchmarks of the prior level. Parents are responsible for ensuring their children are in the level-appropriate lesson for their child. If our staff finds that a level is too advanced and poses a safety risk for the child, the child will be removed from the class.

- Parents will only be able to pre-register children for one level higher than the child's current level. If the child does not pass the current level they will not proceed to the next level.
- Please know it is common for children to repeat levels before they are able to demonstrate each skill (and we encourage it!). It is not important how quickly they move through the program but that they master each skill within the level.
- Should you wish to speak to one of our staff, our swim lesson supervisor will be on deck after your child's lesson. Do not hesitate to approach them.
- To be notified of lesson cancellations you must have registered to receive Rainout Line notifications or call our Rainout Line at 989-399-0506. You can subscribe to Rainout Line by visiting [www.rainoutline.com](http://www.rainoutline.com) or download the Rainout Line app.

### Session 1 – June 16 – 26

10 am	Level 2	Level 3
11 am	Level 2	Level 3
12 pm	Level 1	Level 2
5:45 pm	Level 1	
6:45 pm	Level 2	

### Session 2 - July 7 - 17

10 am	Level 2	Level 3	
11 am	Level 2	Level 2	
12 pm	Level 1	Level 3	Level 4
5:45 pm	Level 2		
6:45 pm	Level 3		

### Session 3 – July 21 – July 31

10 am	Level 2	Level 4	
11 am	Level 2	Level 3	
12 pm	Level 3	Level 3	Level 4
5:45 pm	Level 1		
6:45 pm	Level 4/5		

### Session 4 – Aug 4 - 14

9 am	Level 2	Level 4	Level 5
10 am	Level 3	Level 4	
11 am	Level 2	Level 5	
12 pm	Level 2	Level 3	
5:45 pm	Level 3		
6:45 pm	Level 2		



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## SWIM LESSON DESCRIPTIONS

### **Learn-to-Swim Level 1: Beginner - Parent/Tot (Introduction to Water Skills)**

In level one, your child is introduced to basic skills at the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including, but not limited to:

- Entering the water independently using ladder, steps or side.
- Traveling at least 5 yards, bobbing 5 times then safely exiting the water.
- Gliding on front supported at least 2 body lengths.
- Rolling to a back float for 5 seconds with support and recovering to a vertical position with support.
- Treading water arm and hand actions

### **Learn-to-Swim Level 2: Beginner - Fundamental Aquatic Skills**

After successfully completing Level 1, children are ready to move on to Level 2. Some of the milestones that are necessary for successful completion of Level 2 include:

- Stepping or jumping from the side into shoulder-deep water.
- Front , jellyfish and tuck floats for 10 seconds
- Back float for 15 seconds.
- Rolling from back to front and front to back.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

### **Learn-to-Swim Level 3: Intermediate - Stroke Development**

After successfully completing Level 2, children are ready to move on to Level 3. Some of the milestones in Level 3 include:

- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 1 minute.
- Swimming the elementary backstroke for 15 yards.

### **Learn-to-Swim Level 4: Intermediate - Stroke Improvement**

After successfully completing Level 3, children are ready to move on to Level 4. Participants in Level 4 learn:

- Increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances
- Building on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly.
- Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.
- Learn the basics of turning at a wall.

### **Level 5: Advanced - Stroke Refinement**

After successfully completing Level 4, children are ready to move on to Level 5. Some of the milestones in Level 5-Stroke Refinement includes:

- Performing a shallow-angle dive into deep water.
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the breaststroke and the back crawl each for 25 yards.

